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LIZ BEDDALL/METRO

A new kind of exam stress

Education. Strikes at York, U of T leaving many students unsure about their studies, and feeling like 'pawns'

Uncertainty is sweeping Canada's two largest universities, where strikes by teaching assistants have left students unsure which classes will even have exams, who will mark them and how late students will wait to get their marks.

"I've been handing in my philosophy assignments but the marks haven't been posted because there's no one to mark them, so I don't know how I'm doing and I don't know if we'll even have an exam," said student Caroline Gugli at the University of Toronto, where striking teaching and graduate assistants rejected the university's latest offer with just two weeks of class remaining. "I just want this strike to end."

At York University, most classes were to resume Monday, but some professors refused, telling their students they want to show solidarity with striking TAs.

"My Gender and Equality prof chose not to start our classes today to show solidarity with the TAs, and they do deserve support, but it sucks for students because we don't know when the term will end and if it will interfere with summer school," said student Shanya Navanithy.

York cancelled all classes March 3, when the Canadian Union of Public Employees (CUPE) 3903 went on strike, but has been phasing classes back since it reached a deal with contract faculty, despite TAs remaining on the picket line. Most classes were expected to be back by Monday, but York has extended classes for two more weeks until April 18 to give students a chance to catch up on lost material, and delayed the start of exams by a week.

It's unclear how marks will be calculated without many of the tutorials and labs that usually make up part of the class-participation portion of the final grade, noted history major Matthew Walker.

"In some of my classes we've voted on how to redistribute the marks, and we've agreed to push back two essays till next week to see if the strike will be settled," said Walker. "Will there be temporary marks given out based on the work we had done up to the strike? I've kept up with my reading … you pay good money to be here. But it seems both sides are using students as pawns."

Striking workers at U of T on Monday voted by a narrow margin to reject the tentative agreement that was reached last week.

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A story itching to be told

'So gay.' Creators of human hair sweater are making a point about homophobia

JESSICA SMITH CROSS
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A sweater is making its debut at Toronto Fashion Week and its creators are hoping your reaction is, "Wow, that's so gay."

Most of the time, calling an inanimate thing "gay" is an insult rooted in homophobia — but this sweater really is as gay as a sweater can be.

It's knitted from the hair of hundreds of gay people.

Jeremy Dias, founder of an Ottawa-based charity, the Canadian Centre for Gender and Sexual Diversity (CCGSD), said the sweater is meant to send the message that using "gay" as an insult to things is an insult to gay people.

"It started out as a joke. Wouldn't it be awesome if there really (were) gay sweaters that were making out and falling in love with each other," he said.

The sweater is itchy — but it's also powerful that hundreds of gay people were moved to contribute their hair to the project, said Dias.

"When you put on the sweater, you feel something," he said. "It's about having an object that feels."

The sweater was created by Brenna MacDonald and Amelia Lyon, who worked together at Lettuce Knit in Kensington Market.

They spent hours and hours last summer, spinning garbage bags full of donated human hair into yarn. They knitted the yarn into the sweater, and crocheted and dyed the buttons.

"It was truly awful to touch the hair. Looking into the bag of hair was the worst part," she said.

"It was pretty gross. It took us a while to get used to it, but once we did it was fine."

The end result isn't something most people will want to wear.

"It's itchy as hell," said Lyon."To wear it is horrifying. It's so, so itchy. If you can imagine a wool sensitivity, times 1,000."

Despite the ick factor, MacDonald was moved by the project and the hundreds of people who donated their hair, so she donated hers too.

"I tend to be very quiet about my sexual preferences and my personal life in general," she said.

"I found that it was a way I could out myself without specifically saying anything. I wanted to be able to help out the project and remind myself that I'm physically a part of the gay sweater."

Watch what you're saying

Some words many people use today have obvious, or less obvious, bigoted roots.

- To say "gypped" instead of "ripped off" is an insult to the Romani, as it's short for Gypsy.
- Being "sold down the river" is a reference to being sold into slavery.
- "Hooligans," the name of a family in an old song, has anti-Irish connotations.

Jeremy Dias, founder of the Ottawa-based Canadian Centre for Gender and Sexual Diversity, sports a cardigan that he commissioned made of human hair donated by gay volunteers. LIZ BEDDALL/METRO

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A model walks the runway for the Mikhael Kale collection during Toronto fashion week in on Monday. Mississauga designer David Dixon is in the spotlight tonight with his 40th runway show. It's also the 20th anniversary of the launching of his own brand. NATHAN DENETTE/THE CANADIAN PRESS

Dixon sews together career

Toronto fashion week. Designer has played it smart and cool during decades in business

David Dixon slides a silk organza ball gown from a crowded rack in his Mississauga showroom and displays it, with some pride, but not too much — he isn't an effusive man — to a guest.

It is the project he made in his final year at Ryerson University more than two decades ago, after he fell in love with the cobalt-hued fabric he discovered while backpacking through France.

It is much more voluminous than the spare luxury we expect from the Dixon of today.

This year, Dixon is celebrating 20 years since the launch of his own brand. And he will also be commemorating his 40th runway show tonight at 9 p.m. at World MasterCard Fashion Week in Toronto.

At two decades and 40 shows, Dixon is already something of the grand old man of fashion week, even though he's only in his 40s.

But to survive and thrive after 20 years has become the rarest of milestones in the brutal, Darwinian world of the Canadian design industry.

"I can't believe it's been 20 years. But each collection still feels new, it still feels fresh after all these years," says the slight, elfin-featured designer.

"It's certainly been a challenge at times," adds Dixon, who manufacturers all his clothing in Canada. "This is definitely not an easy business to be in."

What has boosted Dixon's longevity has been some smart brand extensions over the years that have energized the label, including a collaboration with Mattel's Barbie line for a collection of dresses, a dress shoe line for Town Shoes, and bridal store Kleinfeld Hudson's Bay where Dixon debuted a new bridal line.

Apart from Hudson's Bay, Dixon's clothes are found in retail outlets in Canada, the U.S., Kuwait, Switzerland, Germany, Hong Kong and Tokyo.

There is no bigger compliment, he says, than to be walking down a street in Halifax and being told by a customer that she is still wearing his pants that she bought a decade ago.

"That," he says "Is something my mother would appreciate." TORSTAR NEWS SERVICE

PanAm Games. Ticket sales delayed to promote T.O.'s Parapan Am Games

Officials say ticket sales for this summer's Pan Am Games have been put on hold in order to better promote tickets for the Parapan Am Games, which went on sale for the first time Monday.

Michael Coteau, the Ontario minister responsible for both Games, says the goal was to ensure the Parapan Am Games — where athletes with disabilities compete — get the attention they deserve.

Coteau faced questions in the Ontario legislature about ticket sales for the Pan Am Games, with the opposition raising concerns that sales would fall short of their target.

So far, some 350,000 of the 1.2 million Pan Am tickets have been sold, and organizers say the opening ceremony is sold out, as are gold-medal games for some sports, such as men's baseball, men's soccer and men's basketball.

Sales for Pan Am tickets were halted on March 9 and are slated to resume in mid-April.

Coteau says the current tally is a "pretty large number" and the province is "very proud" of how sales are going.

The Pan Am Games will run from July 10 to 26, followed by the Parapan Am Games from Aug. 7 to 15.

Organizers say this year's Parapan Am Games will be the largest ever in terms of number of athletes, participating countries and disciplines.

All 15 sports will be qualifying events for next year's Paralympic Games in Rio de Janeiro.

THE CANADIAN PRESS

Quoted

"We're very confident with ticket sales, and we're very confident with these Games."

Michael Coteau, provincial minister responsible for the Games

Evacuation

Explosives found in Vaughan home

Explosive materials were removed from a home in Vaughan, Monday.

York Regional Police say they received a call Monday from a concerned citizen who come across a quantity of explosives. Investigators say the explosives apparently had been there for decades, left by a resident who had worked in the mining industry.

THE CANADIAN PRESS

Health

U of T names new aboriginal centre

The University of Toronto has unveiled the name of its new aboriginal health institute, bringing the vision of a world-class research facility dedicated to indigenous issues one step closer to reality.

The Waakebiness-Bryce Institute for Indigenous Health was made possible by a $10 million donation from Toronto neurosurgeon Dr. Michael Dan last June. TORSTAR NEWS SERVICE

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Legacy of a public servant

Toronto ombudsman Fiona Crean will step down in November rather than face a "divisive" debate over her reappointment, she announced Tuesday. The controversial watchdog often locked horns with councillors over her efforts to shine a light on unfairness and political interference at city hall. Here are some of the battles Crean won — and lost — during her tenure.

LUKE SIMCOE
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Third-party liability

Between 2009 and 2011, Crean's office analyzed 12,449 claims for damage from potholes, sewer backups and fallen tree branches. She found 90 per cent of claims were being denied and that claimants were not being told why. As a result of Crean's report, the city overhauled the claim process, updated the website and committed to a standard of service for processing claims.

Wellesley Street fire

A May 2012 report from Crean's office concluded the city could have done more to help tenants displaced by a highrise fire at a Toronto Community Housing building on Wellesley Street. The report led the city to create a protocol of how to care for vulnerable residents after an emergency, prompting Crean to declare that a "bad news situation" resulted in a "good news outcome."

Municipal appointments

In September 2012, Crean alleged that Mayor Rob Ford's office had interfered in the recruitment process for some 120 municipal boards, including those overseeing the parking authority, police and the library. The mayor dismissed the report as "hearsay" but Crean's recommendations received unanimous support from council.

Fiona Crean has been Toronto's ombudsman for the past five years. TORSTAR NEWS SERVICE FILE

Funding for accountability

In October 2012, Crean appealed to council for additional funding to help clear a growing backlog of complaints.

Crean's opponents on council, including former mayor Rob Ford and his brother Doug, responded by grilling her about her own expenses, including a $1,922 trip to Azerbaijan to deliver a keynote speech.

Crean asked for $92,000 to hire an additional investigator, but received only $46,000. At the time, Crean's supporters called council's lack of support "payback" for her earlier reports.

When she announced she would be stepping down, Crean encouraged her successor to "be courageous and keep going after proper funding."

Scandal at TCHC

A scathing 2014 report from Crean's office found managers at the Toronto Community Housing Corporation were flouting rules around hiring and conflict of interest.

Crean accused the top brass of running the agency "as though it were their own personal fiefdom" and said Gene Jones, CEO of the corporation, had created a "climate of fear" among staff.

Jones resigned after outcry over the report.

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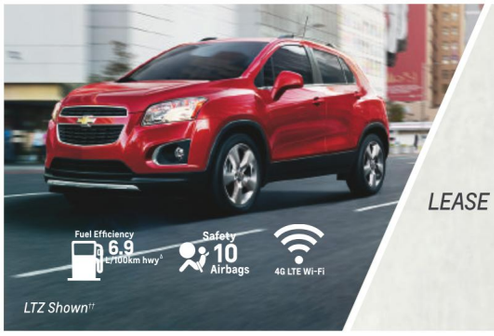

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Uncle Tetsu takes the cake

Food. Japanese cheesecake empire takes first venture into North America with Bay Street location

DEBORAH HERNANDEZ
toronto@metronews.ca

Uncle Tetsu didn't think Toronto people would be willing to wait more than 2-1/2 hours for his Japanese cheesecake.

He was wrong.

If the lineup outside his store on Bay Street near Dundas is any indication, Uncle Tetsu's first venture into North America is a success — and then some.

The store celebrated its grand opening March 18. It's been chaos inside ever since.

"We didn't expect this many customers," said Shuntaro Kurakake, director of Uncle Tetsu's Canadian operations. "Now we're ordering so much more cream cheese."

Tetsushi Mizukami, the famous "Uncle Tetsu" whose likeness is stamped on every cake, owns more than 70 stores worldwide, almost always in shopping malls and train stations.

He set his sights on Toronto, in part, "because it's inspirational."

Mizukami made his foray into the cheesecake business as a child. Both of his parents were bakers, and being in the kitchen was pretty much the only way Mizukami could spend time with them.

"My mother and father made cake from 5 a.m. and only stopped at night," he said. "They had no time to take care of me. I wanted to get closer to them by working in the store."

Kurakake said many of their Toronto customers are from Asian countries where Uncle Tetsu's cheesecake is a staple.

Japanese cheesecake is a little different from cheesecake as Canadians know it, which might be part of the reason why the mini-factory has been packed since it opened.

"Compared to New York-style cheesecake, Japanese cheesecake is very soft and light," Mizukami said. "It has less calories than American cheesecake because there's less sugar."

Mizukami said the cheesecakes might also be proving popular because they're made fresh every morning.

"But the most important reason why they like this cake is because my face is on it," said Mizukami, laughing.

Quoted

"I love Toronto because it's inspirational."

Tetsushi Mizukami (Uncle Tetsu)

Tetsushi Mizukami, a.k.a. Uncle Tetsu, founder of a Japanese cheesecake empire, presents his signature dessert at the wildly popular Uncle Tetsu's Sweet Factory, which recently opened its doors at Dundas and Bay streets. LIZ BEDDALL/METRO

Japanese businesses

Fresh to the market

Uncle Tetsu's is just one of several Japanese businesses landing in downtown Toronto.

Uniqlo, a Japanese fashion retailer with locations worldwide, is opening its first two Canadian stores in Toronto this year, one of which is coming to the Eaton Centre. Muji, a massive Japanese home goods and fashion chain, also opened to long lines a few months ago.

Mark Garner, executive director of the Downtown Yonge BIA, said international brands are now focusing on downtown as a competitive marketplace.

"About 42 million people walk south on Yonge every year," Garner said. "It's the busiest street in Canada and one of the busiest in North America."

The growth of Ryerson University hasn't hurt things either, he said. The largest demographic frequenting the area is people 19 to 30 years old.

The BIA works on recruiting businesses such as Uncle Tetsu's — independents that offer artisan goods and services, many of which are fresh to the North American market.

The goal, Garner said, is to balance out big-box stores in the area like Canadian Tire, Best Buy and the soon-to-open American department store Nordstrom.

Match.com. Leafs fans hopeless romantics

As the Toronto Maple Leafs get set for another early season exit, a new survey from Match.com shows why Buds fans are likely to remain committed to such a heartbreaking team.

The online-dating site surveyed its members to see if there was any correlation between their dating habits and their favourite hockey team. The results were more surprising than a come-from-behind Leafs victory.

According to Match.com, 42 per cent of Leafs fans have gotten back together with an ex-partner. And once they're in a relationship, Toronto fans were the most likely to stay monogamous.

"Sound familiar? Leafs fans are notorious for overvaluing their players," the company said in a statement.

The unscientific survey revealed fun facts about other Canadian teams and their fans. In Winnipeg, for example, Jets fans were the most likely to remain friends with an ex.

Like, say, "the league that welcomed them back," joked Match.com.

Senators fans are the least likely to entertain the idea of a one-night stand. It's the opposite in Vancouver, where 60 per cent of Canucks fans said they're open to the idea.

The site found Calgary fans were most likely to sext, leading to the declaration: "Flames fans date with a fiery passion."

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Pieces of Tinseltown up for auction in T.O.

Movies. Props from X-Men, Legends of the Fall among items in collection valued at between $45K-$70K

Jessica Phillips poses next to a mannequin of X-Men's Mystique at Waddington's auction offices at 275 King St. E., Monday. A collection of movie props and artifacts from FXSMITH Studio is up for auction. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

More than 150 pieces of cinema history are up for auction in Toronto this week.

There's a life-size mannequin of Mystique, the willowy blue character from X-Men, and the iconic claws of Wolverine, the mutant played by Hugh Jackman throughout the blockbuster franchise. There are model assault rifles from Platoon, a life-size zebra model from Legends of the Fall, and a plaster composite life mask of John F. Kennedy from JFK.

It's a cinephile's dream come true. And the back story on this 155-lot collection — up for auction through Waddington's, and valued by the auction house at between $45,000 and $70,000 — is filled with the drama of a Hollywood script.

The pieces come from FXSMITH, the now-closed studio owned by Toronto resident Gordon Smith, a Canadian special-effects pioneer who developed the innovative silicon prosthetics first seen on-screen in the 1994 Brad Pitt drama Legends of the Fall.

Smith decided to sell his massive collection a few years ago because he wanted some extra cash for his retirement. Enter Billy Jamieson, a local dealer and collector known for his love of the bizarre and macabre.

An aficionado of shrunken heads, who is a soon-to-be reality television star, met with Smith while filming History Television's Treasure Trader in 2011. Episode 3 of the short-lived series chronicled their interaction, in which Smith showed off his piles of props, and Jamieson offered him a hefty $250,000 to buy the collection. With a handshake, Smith accepted.

"I believe that Gordon accepted my offer mainly because I intend to give most of his collection to the people at the Toronto International Film Festival," Jamieson said in the episode.

Fast-forward to this week. Smith says that's still the case: He loved the notion of keeping the collection intact in Toronto, and isn't pleased it has wound up in an online auction at Waddington's.

"I'm brokenhearted it's not at TIFF," he says. "It's the biggest collection in the country relative to the film industry."

But the verbal arrangement got a little messy.

While still filming Treasure Trader, Jamieson died of a heart attack at home on his 57th birthday — July 3, 2011 — leaving behind his fiancée and co-star, Jessica Phillips.

Since then, Phillips has faced the complicated task of being the co-executor of the Jamieson estate, which includes more than 3,000 pieces of tribal art, furniture and oddities from around the world.

"Everything has to go somewhere when you're liquidating. That's the reality. It has been a massive job," says the 32-year-old art dealer and collector.

That "everything" includes hundreds of pieces of FXSMITH items: Silicon stunt doubles, life-size animal dummies, dozens of concept sketches.

Phillips says there was no contractual agreement outlining a donation of the items to TIFF, and after four years of back and forth, there is still nothing set in stone.

"It's sad that (the collection) won't be donated," says Phillips. "But in this way, people that really respect Gord's work — really, really respect it — will own it."

The auction ends March 26.

TORSTAR NEWS SERVICE

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Contract flipping is 'unethical': Union

Labour. Legal in federally regulated industries, practice jeopardizes the jobs of 282 Pearson workers

A dispute is brewing between workers and authorities at Pearson International Airport, where almost 300 employees are slated to lose their jobs as a result of what their union calls "unethical" contract flipping.

The terms refers to a practice by employers of awarding contracts to different service providers every few years. Workers must then reapply for their jobs, often losing any wage increases or benefits from previous employers.

Leslie Dias, a national representative for private sector union Unifor, said the group was concerned for the fate of 282 employees of the customer assistance program at Pearson, which helps passengers with mobility issues embark and disembark their flights.

Since 2004, the contract for that service has been tendered to a new company every three years, the union says. The latest successful bidder is Toronto Ground Airport Services, which will take over in May. All former employees of the program previously administered by Air Canada and Swissport will have to reapply for work under the new contractor.

On Friday, Unifor launched an information picket at the airport in protest, distributing flyers to passengers. The union is asking that its workers be given preferential treatment during the rehiring process.

Scott Armstrong, director of communications for the GTAA, said he understood that Toronto Ground Airport Services was willing to interview all of the former airport assistance workers and that they would be given "due consideration." He added that the airport was seeking to improve its passenger care after receiving "a number of complaints" from customers.

Ontario

Public- and private-sector employees are bound by successorship rights legislation, but those who subcontract are not.

- **Ontario Federation of Labour.** The group hopes to close the loophole as part of employment and labour law reviews.

But the union argues that the frequent change in service providers is a deliberate strategy to suppress wages and is creating "continual turmoil in people's lives," said Dias.

The practice is legal in federally regulated industries such as transport, because the Canada Labour Code contains no provisions for successorship rights. The provisions require employers to maintain work standards negotiated by a union when a business is sold or transferred.

TORSTAR NEWS SERVICE

E.T. tours Toronto, rides the rocket home

Toronto photographer Cameron McLellan has been taking Hollywood's favourite extraterrestrial on a tour of the city. On a lark, McLellan and a friend dragged a life-size replica of E.T., which came as a Christmas present, across town last week, snapping photos of him on the TTC and in front of landmarks such as Yonge-Dundas Square and Honest Ed's. "People all over the city were asking to take selfies with E.T.," McLellan told Metro.

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Museum puts a little bounce in its buzz with #foundbunny

Pop culture. Stuffed animal becomes the latest Internet phenom with cute pics of it 'touring' the exhibits

MADISON BLANCHARD
halifax@metronews.ca

You could call this a fluffy story and you wouldn't be wrong. A stuffed bunny found at the Museum of Natural History in Halifax over the weekend has become an instant Twitter star.

The brown plush toy was handed into the lost and found over the weekend after March break had ended.

Museum staff began posting funny pictures of the rabbit in hopes of finding its owner.

However, as it's National Museum Week, staff were inspired to use the bunny in the first challenge of the week — which was an inside tour of the museum.

They used the bunny to take the tour, posing it in front of a computer updating the website, sitting by a blowfish and "doing" paleontology — all the while posting photos on Twitter with the hashtag #foundbunny.

"It just went wild from there," said Jeff Gray, the museum's curator of marketing and communications.

Gray said it was a fun way to engage with the public, especially during National Museum Week, and the feedback so far has been great.

But even though the attention was good, he said there were no plans to use the bunny for the rest of the week. The museum's priority is to get the toy back to its owners.

A toy bunny, found at the Maritime Museum of Natural History, looks at one of the exhibits, Monday. Pictures posted on Twitter of the stuffed animal touring the facility became a bit of an Internet sensation. A full-time job is out of the question, though. The museum is focusing on finding its owner. JEFF HARPER/METRO

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Study sees dramatic fall in number of immigrants who become citizens

The percentage of immigrants who become citizens has been dropping dramatically in recent years — from 79 per cent to 26 per cent among people who arrived between 2000 and 2008.

Sounding the alarm is former citizenship director general Andrew Griffith, who suggests that recent reforms which raised barriers to becoming a citizen could lead to immigrants' widespread disengagement from Canadian public life and identity.

His analysis of the impact of the Conservatives' reforms shows that the new version of the citizenship test has adversely affected applicants from visible minorities more than those with European roots.

"In the past, citizenship was viewed as a stepping stone to immigrant integration, and it should be done earlier on," said Griffith, who will present his study, Multiculturalism in Canada, at a three-day national immigration and settlement conference in Vancouver that starts Thursday. "These changes have made it harder and prohibitive for some to acquire citizenship, turning Canada into a country where an increasing percentage of immigrants are likely to remain non-citizens, without the ability to engage in the Canadian political process."

Quoted

"I'm on the side of inclusion rather than exclusion." Andrew Griffith

Citizens are protected by the Charter of Rights and Freedoms, can vote in elections and are entitled to Canadian passports. Not only do permanent residents not have those privileges, they are also vulnerable to revocation of their status and removals from Canada.

Based on latest government data, Griffith found that the ratio of permanent residents who eventually become citizens has been in decline since 2000 and has dropped most rapidly in recent years.

TORSTAR NEWS SERVICE

Report warns of threats to Canada's fresh water

Blue Betrayal. Ottawa accused of turning its back on water resources

The freighter Walter J. McCarthy, Jr. heads into Lake Superior after negotiating the Soo locks July 29, 2008 at Sault Ste. Marie, MI. KAREN BLEIER/AFP/GETTY IMAGES

Canada is taking its vast freshwater resources for granted, wrecking them in the process, says a scathing new report.

Titled Blue Betrayal, the report warns climate change, industrial farming, melting glaciers, oil, gas and mineral extraction, and dumping of waste (sometimes toxic) into waterways all threaten our diminishing water supplies.

The report, authored by Maude Barlow, of the Council of Canadians, a non-governmental organization, accuses Ottawa of turning its back on water resources to advance energy industry interests.

"On both sides of the border, we continue to see the Great Lakes as a dumping ground for our toxic waste, and, more recently, as a carbon corridor to transport tar sands bitumen, fracked gas and fracking wastewater," Barlow said on Monday, calling those the "most dangerous energy sources on Earth."

A big chunk of the report talks about steps Ottawa has taken that have made freshwater resources more vulnerable, such as targeting scientific institutes and projects that did important work.

Included in that list is the plan to dismantle the Experimental Lakes Area (ELA), the world's leading freshwater research institute. The facility has been saved temporarily by the Ontario and Manitoba governments.

The report accuses past Liberal and Conservative governments of allowing Canada's lakes, rivers and groundwater to deteriorate.

It doesn't paint a healthy picture of the Great Lakes, a source of livelihood for more than 40 million people in Canada and the U.S. It says there are at least 204 pollutants in the Great Lakes, including plastic in various forms. Great Lakes fish are loaded with contaminants like mercury, dioxins and lead, it adds.

Mark Mattson, of Lake Ontario Waterkeeper, says Toledo's drinking water advisory last summer was a wakeup call that "we can't take the Great Lakes for granted."

Toledo's nearly 500,000 residents were told not to use water for drinking, cooking or bathing in August 2014 after tests at a treatment plant showed dangerous toxin levels due to a toxic algae bloom in Lake Erie, from which the city draws its drinking water.

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Cruz joins 2016 U.S. presidential race

Politics. Platform includes securing borders, abolishing IRS

Sen. Ted Cruz opened the first major campaign of the 2016 U.S. presidential season Monday with a kickoff speech courting cultural conservatives and declaring that he will devote himself to "reigniting the promise of America."

One of several Republican hopefuls to rise from the Tea Party movement, Cruz spoke at Liberty University, the college founded by the late Rev. Jerry Falwell, hours after a wee-hours tweet announcing his White House bid. The choice of the college founded by the late Rev. Jerry Falwell was meant as marker against potential rivals who are also counting on Christian conservatives to fuel their candidacies.

Cruz addressed his religious faith, his father's Cuban roots and his unquestioned conservative credentials, saying "for so many Americans the promise of America seems more and more distant."

And he asked the enthusiastic crowd to "imagine a president that finally, finally, finally secures the borders."

"Imagine a simple flat tax," he said. "Imagine abolishing the IRS."

He spoke on the fifth anniversary of President Barack Obama's health-care law — legislation that prompted Cruz to stand for more than 21 hours in the Senate to denounce it in a marathon speech that delighted his Tea Party constituency and other foes of the law. Cheers rose in the hall when Cruz reminded the crowd Monday that Liberty University filed a suit against the law right after its enactment.

"God's blessing has been on America from the very beginning of this nation and I believe that God isn't done with Americans," Cruz said. "I believe in you. I believe in the power of millions of courageous conservatives rising up to reignite the promise of America. And that is that is why, today, I am announcing that I am running for president of the United States of America."

Sen. Ted Cruz, R-Texas, his wife Heidi, and their two daughters Catherine, 4, left, and Caroline, 6, right, wave on stage after he announced his campaign for president, Monday. ANDREW HARNIK/THE ASSOCIATED PRESS

Cruz, a divisive figure in his own party, is not expected to be the sole GOP contender for long. Former Florida Gov. Jeb Bush, Wisconsin Gov. Scott Walker and two Senate colleagues, Kentucky's Rand Paul and Florida's Marco Rubio, are eyeing campaign launches soon.

THE ASSOCIATED PRESS

Status

Is he American enough?

Ted Cruz's announcement that he's running for president has renewed questions about his Calgary birthplace and whether the Texas senator's Canadian roots leave him ineligible to make a bid for the Oval Office.

They don't, American constitutional scholars say, because Cruz's mother was a U.S. citizen when he was born. His Cuban father became a citizen in 2005.

The fact that Cruz's mother is Delaware-born satisfies the U.S. constitution's requirement that a president must be a "natural-born U.S. citizen," experts agree.

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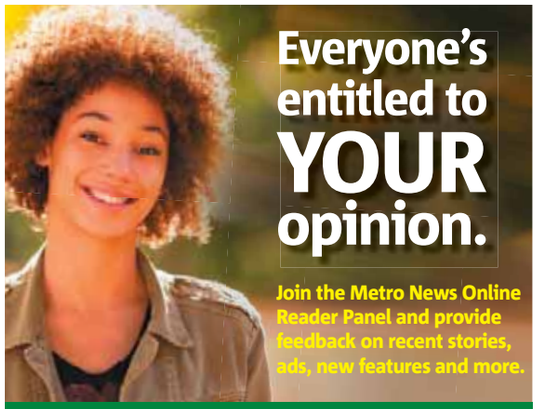
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Bodies of siblings, killed in N.Y. fire, buried in Israel

A boy looks at the graves of seven Jewish siblings killed in a New York fire, before their burial in Jerusalem Monday. ARIEL SCHALIT/THE ASSOCIATED PRESS

Jerusalem. Thousands attend funeral of children who died in tragic house fire

Seven Jewish siblings who died in a devastating New York house fire were laid to rest in Jerusalem on Monday at an emotional ceremony attended by several thousand mourners.

Friends and relatives of the Sassoon family attended the service — as well as supporters, who only learned of the tragedy through the news.

Burial in Israel

"We believe that being buried in Israel is important because all of your sins are then absolved."

Rabbi Alon Edri, a family relative.

The chief rabbi of Israel and mayor of Jerusalem also paid their respects.

The bodies of the children, aged five to 16, were flown to Israel overnight from New York and were immediately taken to Jerusalem in a convoy escorted by police. According to Jewish tradition, funerals take place as soon as possible after death.

"Why seven? Seven beautiful lilies," the children's father, Gabriel Sassoon, cried out in an anguished eulogy. "So pure. So pure."

He recounted how his children enjoyed studying the Torah and other Jewish texts.

"They were such innocent children," he said, his voice choking up.

He later called out the names of his children, one by one.

Sassoon described how his wife, although burned, jumped out of a window to try to get help.

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Female execs bring bigger profits: Study

Leadership. Many firms slow to make workplaces more women-friendly

Evidence is growing that it pays for a company to have equal numbers of male and female managers.

A study last year found units at multinational catering company Sodexo that had equal numbers of men and women in management roles delivered more profits more consistently than those dominated by men.

Companies are trying to increase the number of women in executive positions, yet many are struggling to do so because of a failure to adapt workplace conditions in a way that ensures qualified women do not drop off the corporate ladder, surveys show.

In a survey last year of 366 companies, consultancy McKinsey & Co. found that those whose leadership roles were most balanced between men and women were more likely to report financial returns above their industry median.

Companies with more balanced leadership do a better job recruiting and retaining talented workers, reducing the costs associated with replacing top executives, McKinsey found. They also have stronger customer relations because management better reflects the diversity of society, and they tend to make better business decisions because a wider array of viewpoints is considered.

While most big companies now have programs to increase gender diversity, many executives express frustration these programs aren't working. McKinsey found that 63 per cent of the employers it surveyed had at least 20 initiatives to address gender equity, but women held less than a quarter of the top jobs in 92 per cent of the companies.

A woman's prospects for promotion fall off at every step of the career ladder, according to a separate survey of 130 large companies conducted by McKinsey in 2012. While women made up 37 per cent of the total workforce, they comprised 22 per cent of middle managers, 14 per cent of senior managers and vice-presidents, nine per cent of executive committee members and two per cent of CEOs.

THE ASSOCIATED PRESS

Louisville Slugger sold to rival

A 36-metre-tall replica bat fronts the Louisville Slugger Museum and Factory in Louisville, Ky., Monday. The company that made the iconic bats for a who's-who of baseball greats, including Babe Ruth and Ted Williams, is selling its Louisville Slugger brand to rival Wilson Sporting Goods Co., a division of Finnish sports equipment maker Amer Sports Corp., for $70 million US. Hillerich & Bradsby Co. has made the bats for more than 130 years. TIMOTHY D. EASLEY/THE ASSOCIATED PRESS

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VOICES

PUBLIC FIRING ISN'T ACCOUNTABILITY

The TTC canned two of its top brass over Spadina extension delays, but without transparency we'll never know if that decision was the right one

YOUR RIDE
Glyn Bowerman

Work is well underway on the Spadina extension despite problems behind the scenes. TORSTAR NEWS SERVICE FILE

DO YOU HAVE A TRANSIT IDEA? Shoot us an email: toronto@metronews.ca

So, heads rolled. It was a whole thing.

TTC CEO Andy Byford very publicly fired two of the agency's managers last week. He then held a news conference the following day, lasting more than an hour, laying bare the Spadina subway extension's many problems.

Byford revealed the project needed at least $150 million more in funding and would not open until late 2017.

That's it, then, I guess. It was a tough time for the TTC, but they soldiered on. There were a few casualties, "accountability" was said many times and now we have a plan.

Now we can heal. Right?

I'm not so sure. In fact, I suspect we've made a bit of a monster.

For four years, the Ford administration cultivated a culture of fear among city staff. Mayor Tory had a chance to change the tone, but instead joined the angry throng, clamouring for sacrifice.

The real question I have about the Spadina line delays is, "Why did it take so long to hear about it? "

Many knew, or suspected, that things weren't going smoothly, but didn't know the full extent.

A transit agency should be able to make evidence-based decisions, be realistic and upfront about its needs and challenges, and, most importantly, have the freedom to be transparent.

A public firing isn't accountability, transparency is. We know a little more about what went wrong with the subway extension, but we still don't have the whole story, and we may never get it.

First of all, how do we know the right people were canned?

We don't know why, exactly, these two — Sameh Ghaly, the TTC's chief capital officer, and Andy Bertolo, chief project manager in charge of the extension — lost their jobs over this debacle.

The TTC can't talk openly about the reason for these particular dismissals. Without knowing the precise reason for the firings, it's just accountability theatre.

There are also numerous claims being made by contractors, against the city, which could be contributing to delays and might cost us even more money — though how much, exactly, Byford wouldn't, or couldn't, say.

Over on another project, the city planning department had to wrest control of the Scarborough subway environmental assessment from the TTC because the agency seemed intent on blazing ahead with the line without careful consideration of the greater city planning context.

So we're stuck with a scared public service, scrambling to build something, anything, fast, and deferring any bad news until it's staring us all in the face.

This is not a smart way to build a city.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

Canada's continued mission in Iraq a tragedy of errors

STEPHEN KIMBER
readers@metronews.ca

This week, the Harper government will extend and expand our supposedly no-boots-on-the-ground, six-month military mission in Iraq.

The purpose, according to Foreign Affairs Minister Rob Nicholson, is to "degrade and destabilize this gang of thugs (ISIL), and in doing so, strip (it) of its power to threaten the security of the region or to launch terrorist operations in Canada."

The reality is this soon-to-be-open-ended, bottomless money pit of a misguided mission will achieve none of Nicholson's objectives and may actually make us more vulnerable to terrorist attack in the future.

ISIL is the logical result of cascading, colliding, ill-advised and illogical western military misadventures in a volatile region full of deep-seated historic, religious, ideological, sectarian conflicts we can barely identify let alone wrap our minds around.

ISIL not the only bad guys

If we take on ISIL in Syria, are we propping up a reprehensible regime responsible for the deaths of at least 60,000 civilians in the last three years?

This latest mess-of-our-own-making began with George W. Bush's invasion of Iraq in 2003.

Canada wisely dodged that bullet.

As Opposition leader then, Stephen Harper had argued for putting our troops in harm's way in Iraq.

As prime minister, he volunteered us last fall for Iraq II.

And now he's keen for us to push into the front lines of those chasing ISIL from Iraq into Syria.

Syria? Wait a minute: isn't Syria in the midst of a civil war?

Isn't Syrian President Bashar al-Assad also fighting the Islamic State of Iraq and the Levant?

We claim we need to fight ISIL in Syria because the U.S.-led coalition has been so successful in driving them out of Iraq.

How's that working out?

Well, let's see. Iran, another non-ally (see nuclear threat) that supports al-Assad, is also fighting ISIL in Iraq ... when it isn't fomenting sectarian violence between Iraqi-backed Shia and ISIL-encouraged Sunni militias.

Not that either side requires encouragement. They've been warring since 632 over who should succeed the Prophet Muhammad.

Confused?

So is Rob Nicholson, whose dismissal of ISIL as simply "a gang of thugs" betrays his ignorance of its complex historical, religious and ideological roots.

Instead of adding our inevitably inconsequential military might to an unwinnable conflict, Canada could make a real contribution by focusing instead on helping these wars' refugees and understanding why so many young western-raised Muslims, including Canadians, offer themselves as drone fodder for ISIL. And finding constructive ways to discourage them.

Unfortunately, those actions aren't "warrior" enough for the Harper government.

So we are doomed to continue this tragedy of terrors.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

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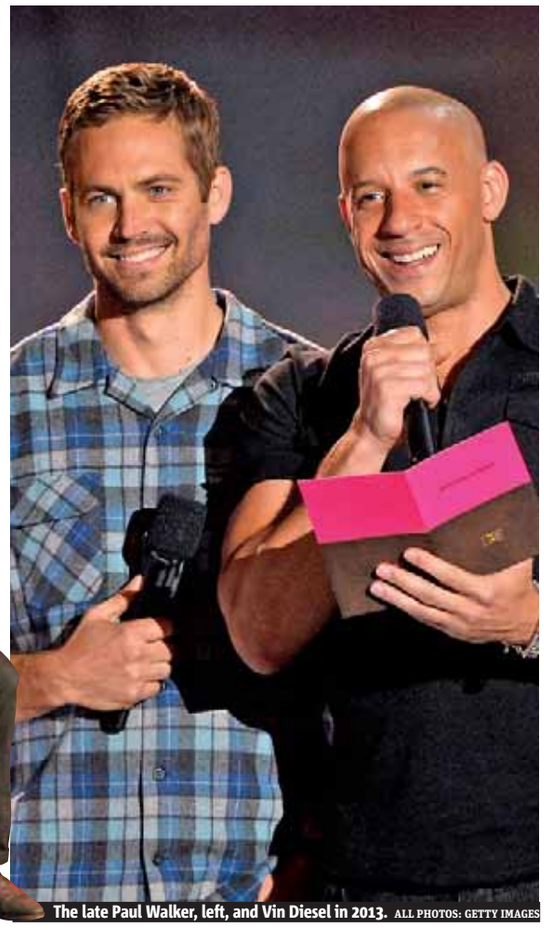
Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



The late Paul Walker, left, and Vin Diesel in 2013. ALL PHOTOS: GETTY IMAGES

Vin Diesel names his daughter after Paul Walker

Vin Diesel's fraternal affection for his late The Fast and the Furious co-star Paul Walker is apparently very deep and very authentic.

Case in point? Diesel's newborn daughter.

"I named her Pauline," he revealed on the Today show.

"There's no other person that I'm thinking about as I'm cutting this umbilical cord. I knew he was there and I felt, like, you know, a way to keep his memory a part of my memory, a part of my world."

The announcement also came with a surprisingly personal vote of confidence for Today show anchor Natalie Morales: "I'm telling you this because I love you," Diesel said.

"I know that you are a good soul, and I know that this is in good hands."

So, um, good job, Ms. Morales?

James Corden got Mila Kunis to admit she's married ... maybe

James Corden is off to a good start as the newest late-night talk show host on the block, as during his very first guest segment he managed to kinda sorta confirm that Mila Kunis and Ashton Kutcher are indeed already married. During Corden's premiere interview with Kunis — pre-taped ahead of its Monday airing, according to the Daily Mail — the British host continually prods the actress about whether she and Kutcher have already tied the knot, only to be met with a repeated response of, "Maybe."

But he's not having it. "Either you're married, or you're not," he says before demanding she show off her left ring finger, which sports a golden wedding band. "They are married, look," the host declares. So now you know.

Taylor Swift

Taylor Swift crushes the dreams of would-be porn peddlers

Taylor Swift is all about insurance these days, and not just when it comes to her $40-million legs. The savvy pop star reportedly purchased a number of adult-themed domain names before they became available to the public as a means to thwart porn peddlers from cashing in on her fame.

So if you had your heart set on registering domains like TaylorSwift.porn or TaylorSwift.adult, then it sucks to be you. I mean, for multiple reasons, but right now let's just focus on the fact that your hopes for a Swift-themed adult entertainment empire have been dashed.

SCENE

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Analysis

Streaming is here to stay — Get used to it

SOUND CHECK
Alan Cross
scene@metronews.ca

Music piracy is obsolete given the breadth and affordability of options for streaming. ISTOCK

If you're still stealing music, you're stupid.

That was my position at a panel on the future of music at Brock University last week and I'm sticking to it.

Aside from the moral and ethical issues involved in ripping off the labour and talent of musicians, stealing music is a complete waste of time. Consider what you need to do. You need to find the P2P sites or torrents; hope that the files are complete, uncorrupted and virus-free; make sure that everything is tagged properly with artwork and all the other metadata; and then sort everything into playlists and libraries before transferring them to all your devices. That's a lot of work.

Don't give me the excuse "Well, I can't afford music any other way." We all can't afford many things we want, but that doesn't give us licence to walk into a store and take what we want.

The answer to all your prayers is streaming music services. Rdio, Spotify, Deezer, Tidal, Songza, Google Play Music, Mediazoic and a host of others give you legal access to somewhere north of 25 million songs — a number that's approaching every song ever recorded in the history of humanity — for $10 a month. If that's too much, then there's the "freemium tier," a slightly less functional incarnation of the paid version — that allows you to stream music for ZERO dollars.

I repeat: Instant access to virtually every song ever recorded. Full files, properly tagged, no viruses, no guilt. For free. Tell me again why you're stealing music?

James Bay's star rising in U.K. and Hollywood

Music. Early reviews are in: this 24-year-old British crooner who's friends with Taylor Swift is one to watch

EMILY JACKSON
Metro in NYC

If you haven't heard of James Bay yet, get ready for it — soon his name will be hard to escape. The singer-songwriter's debut album, Chaos and the Calm comes out next week and is expected to debut at No. 1 in the U.K.

Why is he such a big deal? Here's what you need to know:

He's following in some pretty big footsteps

He might not be getting radio play yet, but that didn't stop him from already collecting the 2015 Critic's Choice Award at The Brits last month.

James Bay
ANTHONY HARVEY/GETTY IMAGES

For newcomers, this is the award to win as it is widely known to predict future success. Adele won the first Critic's Choice Award in 2008, and Sam Smith and Ellie Goulding are both past recipients, too.

His music is already getting the movie treatment

Rumour has it that Bay will be singing the theme song for the next James Bond movie, Spectre, according to The Hollywood Reporter, once again linking him to Adele, and also Madonna.

He's in Taylor Swift's inner circle

Bay is friends with Swift and Swift's guy bestie Ed Sheeran, but not because he pursued them: both musicians actually reached out to him.

Swift first saw Bay when he was touring with Hozier and couldn't resist telling him how much she's a fan.

Sheeran spotted Bay at The Brits and broke away from reporters to tell him that he loves Bay's song, Hold Back The River.

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Pop stars warm up to Chilly's classic style

Music. Drake collaborator Chilly Gonzales explains why people fear classical music, and why it's time they got over it

It was a childhood visit to an art gallery, chaperoned by his father, that first ignited Chilly Gonzales's passion for rendering esoteric pieces more accessible.

It wasn't really the art that inspired the Canadian-reared pianist (born Jason Beck), but how his dad struggled to appreciate it.

"He couldn't decide if he liked the painting until he read the title and the paragraph that tells you something about it," said Beck during a phone interview from Germany.

"I was touched by the fact that my dad needed that story to guide him through. I think those people also deserve to enjoy creative things.

"That's why I've always done a lot of context-building."

In fact, it's become a mission for the acclaimed 43-year-old musician, who has collaborated with Drake, Leslie Feist and Daft Punk (which merited Gonzales a Grammy Award for album of the year).

Last year he released Re-Introduction Etudes, a book of 24 easy-to-master piano pieces designed to inspire lapsed players. And in a YouTube series called Pop Music Masterclass he's been cheerfully dissecting hits including ILoveMakonnen's Tuesday.

On Tuesday, Gonzales releases the solo album Chambers, which uses piano and strings to sketch links between Romantic-era chamber music and modern pop.

CP: Why is it that people are daunted by classical music?

There's something about instrumental music ... it must be some childhood reaction to the fact that we were told this was high art. It's the reason we're all nervous when we go to a concert hall. It's a feeling of too much respect. We can't take it on its own terms.

CP: Writing about your song The Difference, you mused that most musicians are "frauds, others merely mediocre, and a scant few worthy of listening." How do you define that worthiness?

It's anyone who creates their own lane.

I might think an artist is a fraud, but it doesn't mean someone shouldn't like them. It just means that when someone hides behind something that came before them that worked, at the expense of bringing something more original to the game, then I feel like they're a fraud (as) if they didn't quite have the strength to resist temptation.

The bigger risk and the bigger gamble is always to take the harder road, be yourself as much as possible. I just know this from my own experience.

CP: What was that process like, of shaping your career?

I went through moments where I tried to shave off the rough edges, all though my 20s.

It wasn't working.

Eventually I moved to Berlin and decided I would approach my career the way a rapper would.

I took the name Chilly Gonzales for that reason. It was audibly a fake name and I was going to ... have somewhat of a cartoonish persona, and at the same time try to put a lot of musical depth into what I do.

That was the gamble I took because I wanted to create my own lane.

The artists I respect the most created their own lane. Whether it's Daft Punk or Drake or Leslie Feist, they really did carve something out. And the proof is many people try to imitate them, and very few are able to succeed.

THE CANADIAN PRESS

Toronto-raised Chilly Gonzales has been on a mission to make classical music more accessible. He has collaborated with Drake, Leslie Feist and Daft Punk.
ALEXANDRE ISARD/THE CANADIAN PRESS

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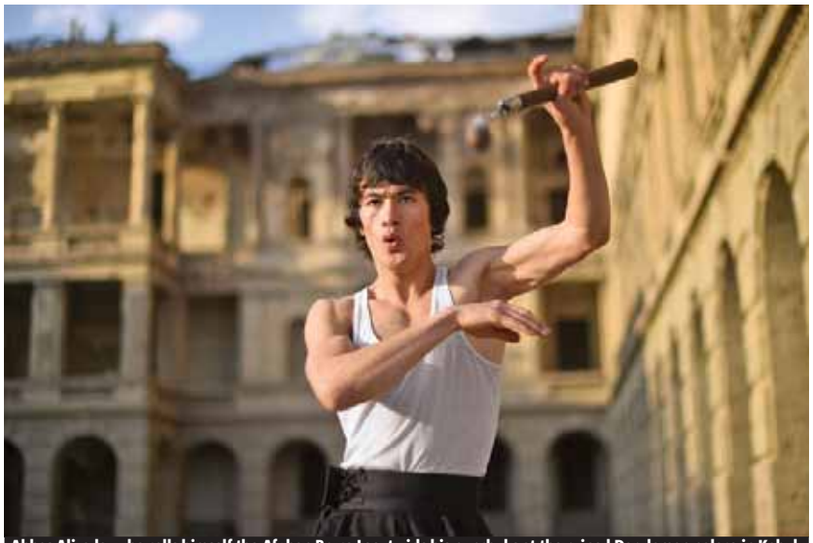
Afghan 'Bruce Lee' dreams of Hollywood

Kabul. Amid the ruins of war, a young martial artist walks the path of his famous idol



Abbas Alizada, who calls himself the Afghan Bruce Lee, twirls his nunchuks at the ruined Darulaman palace in Kabul.
SHAH MARAI/AFP/GETTY IMAGES

Framed by the dramatic backdrop of Kabul's ruined Darulaman palace, Abbas Alizada throws kung fu punches, kicks and spins, watched by an eager young crowd.

Dressed in a white vest, black trousers and light shoes despite the bitter Afghan winter, Alizada bears a striking resemblance to his idol — legendary martial arts movie star Bruce Lee.

Alizada twirls his nunchuks in front of the shell-blasted walls of the former royal palace, an evocative monument to the 35 years of war that have ravaged Afghanistan.

Then he leaves the enclosure, smiling, sunglasses on his nose, his fans can finally meet him, shake his hand — and take selfies with him.

He is a member of Afghanistan's Hazara community, an ethnic group with distinctively Central Asian features that add to his resemblance to Hong Kong star Lee.

With more than 50,000 followers on Twitter and 40,000 likes on Facebook, Alizada has become quite a celebrity in Afghanistan, known locally as "Bruce Hazara."

He has become a familiar face on local media and now he is dreaming of Hollywood stardom.

"When I was eight years old, I saw the Bruce Lee movies, and I was hooked," he told AFP in his brother's office in Kabul, sitting round a traditional *sandali* stove for warmth.

"I said I will be the Bruce Lee of Afghanistan one day. I know I cannot be Bruce Lee, but I follow in his path," he said. **AFP**

LGBT. GLAAD awards honour Washington

Kerry Washington
ARAYA DIAZ/GETTY IMAGES FOR KETEL ONE

Actress Kerry Washington, director Roland Emmerich, the film The Imitation Game and television shows Transparent and How to Get Away With Murder have received stamps of approval from GLAAD.

GLAAD is a U.S.-based group that promotes lesbian, gay, bisexual and transgender presence in the media, and celebrated its honorees at a ceremony here Saturday night.

In Washington's acceptance speech, the actress reminded, "In 1997, when Ellen (DeGeneres) made her famous declaration, it took place in an America where the Defence of Marriage Act had just passed months earlier, and civil unions were not legal in any state. But also remember that just 30 years before that, the Supreme Court was deciding that the ban against interracial marriage was unconstitutional.

"Up until then, heterosexual people of different races couldn't marry who they wanted to marry, either. So, when black people today say that they don't believe in gay marriage ... the first thing that I say is, 'Please don't let anybody try to get you to vote against your own best interest by feeding you messages of hate.' And then I say, 'People use to say things like that about you and your love.'"

More GLAAD awards will be handed out at a ceremony in New York May 9.

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Breastfeeding is good for the brain

Well-being. Effects of being breastfed continue into adulthood, boosting intelligence, education and earnings, regardless of socio-economic status, research paper shows

People breastfed as infants have higher intelligence scores in adulthood, and higher earnings, according to a study published last week that tracked the development of 3,500 newborns over 30 years.

And, critically, the socio-economic status of mothers appeared to have little impact on breastfeeding results, according to a paper published by The Lancet medical journal.

"The effect of breastfeeding on brain development and child intelligence is well established," lead author Bernardo Lessa Horta of the Federal University of Pelotas in Brazil said in a statement.

What has been less clear, is whether the effects persist into adulthood, and whether a mother's socio-economic status or education level played a bigger role in the outcome of previous studies than her choice to breastfeed or not.

"Our study provides the first evidence that prolonged breastfeeding not only increases intelligence until at least the age of 30 years but also has an impact both at an individual and societal level by improving educational attainment and earning ability," said Horta.

"What is unique about this study is the fact that, in the population we studied, breastfeeding was not more common among highly educated, high-income women, but was evenly distributed by social class."

The longer a baby is breastfed, the greater the long-term benefits. ISTOCK

How much smarter?

4 IQ points

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of $104 higher per month at the age of 30, compared to those breastfed for less than one month, the study found.

Horta and a team analysed data from another study of children born in Pelotas in 1982.

Information on breastfeeding was compared to IQ test results at the average age of 30 years, as well as the educational achievement and income of 3,493 participants.

"The researchers divided these subjects into five groups based on the length of time they were breastfed as infants, controlling for 10 social and biological variables that might contribute to the IQ increase including family income at birth, parental schooling, genomic ancestry, maternal smoking during pregnancy, maternal age, birth weight, and delivery type," said the statement.

"While the study showed increased adult intelligence, longer schooling, and higher adult earnings at all duration levels of breastfeeding, the longer a child was breastfed for (up to 12 months), the greater the magnitude of the benefits."

AFP

Smart move

Fatty acids in breast milk are good for the growing mind

An individual breastfed for at least a year as a baby gained a full four IQ points, had 0.9 years more schooling, and an income of $104 higher per month at the age of 30, compared to those breastfed for less than one month, the study published in The Lancet medical journal found.

"The likely mechanism underlying the beneficial effects of breast milk on intelligence is the presence of long-chain saturated fatty acids (DHAs) found in breast milk, which are essential for brain development," said Horta.

"Our finding that predominant breastfeeding is positively related to IQ in adulthood also suggests that the amount of milk consumed plays a role."

In a comment also carried by The Lancet, Erik Mortensen of the University of Copenhagen said the findings had important public health implications.

"However, these findings need to be corroborated by future studies designed to focus on long-term effects and important life outcomes associated with breastfeeding."

AFP

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Honey is a solution to sticky beauty situations

Natural products. The golden elixir of bees can be used as a face wash and hair moisturizer

MARIANNE HAYES
Metro in NYC

Honey is gentle and antibacterial, making it great for acne, and it leaves your skin soft. ISTOCK

Who says expensive (and sometimes chemical-ridden) beauty products are the only way to go? If you've got some local honey in your kitchen pantry, you've actually got a DIY beauty spa right at your fingertips.

Try these three simple, natural beauty products you can whip together with honey.

Gentle face wash

When it comes to skin care, honey is an incredible ingredient. It's also what's known as a humectant, which is a fancy way of saying that it attracts and retains moisture. Washing your face with honey is an age-old practice that leaves skin feeling divinely smooth.

"Something I had done since the beginning of my transition into natural beauty was wash my face with pure raw honey, which works like a dream," says natural beauty writer Kate Bello. "Honey is gentle and antibacterial, making it great for acne, and leaves your skin soft."

Bello's favourite brand is Honey Pacifica in mango or wildflower, which is local to Southern California. For optimal results, she recommends finding a local brand wherever you live. Cleansing your face with honey actually isn't the gooey, sticky mess you might expect. (It dissolves once it touches water.)

DIY facial scrub

If your skin requires a little more action, an exfoliating scrub might just do the trick. The ladies over at No More Dirty Looks (an awesome natural beauty site) can't get enough of honey cleansers in general. They take it a step further with a homemade facial scrub that couldn't be easier to make.

"Another thing we like to do with honey is mix about a tablespoon with a pinch of baking soda and a few drops of water," says Siobhan O'Connor, the site's co-founder. "This is great as a DIY scrub."

She only has one warning: go easy on the baking soda so that you don't scrape your face. Bello also has a few tricks of her own when it comes to natural exfoliates. If you don't have baking soda on hand, she makes simple scrubs using fine-grained salt or sugar.

Heavenly hair moisturizer

Honey doesn't just work wonders on skin — it also works as an amazing treatment for dry hair. The Everyday Roots blog is well-versed on the subject, suggesting a variety of homemade, honey-based hair products. It turns out that in addition to being a natural moisturizer, honey also nourishes hair follicles and brings life back to the scalp and roots.

For particularly dry, overworked hair, check out the honey and olive oil hair treatment from Everyday Roots. All you need is half a cup of honey and a quarter cup of olive oil to reinvigorate damaged hair.

Mix it up

- **Just add coconut oil.** Honey mixed with warm coconut oil can revive dull hair as well. Bello is also a big fan of unfiltered coconut oil, which she uses as both a makeup remover and face wash.

Mind the App

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This Better Homes and Gardens collection goes beyond the usual vegetarian creations with 50 recipes spanning tacos, cupcakes, pizzas, and calzones. Handy extras include a shopping list and built-in timers.

Prince Harry hangs up his fatigues

Job advice. Even the British Prince might need a few tips to help him transition to the civilian workplace

LAKSHMI GANDHI
METRO NEWS IN NYC

After a decade of service with the British military, Prince Harry says it's time for him to move on.

The youngest son of Prince Charles and Princess Diana announced Monday morning that he'd be leaving the armed forces in June.

"Moving on from the Army has been a really tough decision," the 30-year-old prince said in a statement. "I consider myself incredibly lucky to have had the chance to do some very challenging jobs and have met many fantastic people in the process."

Harry first joined the service as an officer cadet at the Royal Military Academy Sandhurst in 2005 and trained for three years to become an Apache fighter pilot, seeing action in Afghanistan twice.

In his statement, Harry added that it's time for him to explore his career options, something he has in common with veterans everywhere as they plan their next moves.

"I think Prince Harry is going to be fine," says Jason Hansman, the director of external affairs at the Iraq and Afghanistan Veterans of America. "The thing for anyone leaving the services is figuring out what they want to do next — but that might not be what they did in the military."

Hansman, who is himself an Iraq War veteran, had these suggestions for anyone — royalty or not — who is trying to figure out their post-military career.

Learn how to talk about your service. "There's kind of a divide between veterans and civilian employers," he notes. "Employers don't always understand the military, so veterans need to learn how to speak the language of the modern workplace."

Prince Harry says he wants to explore his career options, something many veterans feel after years in the service. ISTOCK

Hansman notes that most veterans have developed skills like how to manage a budget and how to supervise employees over the course of their careers, but they might not always know how to talk about those strengths during interviews.

"Veterans are looking for a career, not a job. They are looking to give back in some way," said Hansman.

He notes that many of the returned service members he meets are interested in jobs in the nonprofit sector or in the government.

Have all of the essentials, Hansman says. "Make sure you have a résumé, make sure that you have references," he says. "Really focus on getting those things."

It helps to talk to others

"Talk to other vets who have transitioned," Jason Hansman, director of external affairs at the Iraq and Afghanistan Veterans of America advises. "Learn from their mistakes. Everybody has their journey that they have to go through."

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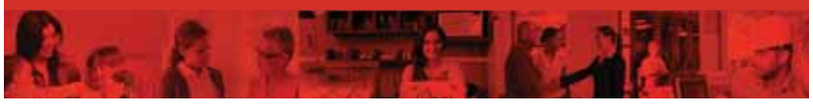

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Fake it till you make it

When starting a new job. Follow this checklist to ensure you nail your role by listening, dressing and interacting in the best ways possible

LAUREN MARINIGH
talentegg.ca

Everyone has heard the saying, "fake it till you make it" — but how do you put those words into action when starting a new job?

Giving off a winning impression is key to driving success in your professional life. However, it can be challenging to do that when you're trying to figure out your new role, on top of adjusting to a new work environment and new teammates. It's easy to say "take risks," but making unnecessary mistakes can have consequences.

So how do you establish your competence? Read on and find out!

Master the meeting
It can be difficult to give off an aura of confidence when introducing yourself, especially when you are out of your comfort zone. Start introductions with a smile and firm handshake. Stand up tall, make eye contact, and speak with confidence. Don't let your nerves take the best of you — and most importantly, never make any promises or state any facts that you don't know for sure. The best way to handle these situations is to let them know that you will double check for them with a colleague, and follow up with them in a timely manner.

Dress the part
Dressing professionally can help boost your inner confidence and set a tone with others around you. Think about it — are you more likely to trust the advice of someone in jeans and running shoes, or someone dressed like they just came back from a board meeting? Take a look at what senior people are wearing within your company, and mimic their style — as they say, "dress for the part you want, not for the part you have!"

Listen carefully
Spend your first few weeks soaking up information. The more you listen, the more you will get a sense of the company and your role, which in turn will allow you to feel more comfortable and confident going forward. Not to mention that it will show you genuinely want to learn before doing.

When you talk, select moments where you can contribute something solid to the conversation or meeting. Don't just talk for the sake of talking — people who talk without thinking are less likely to have credibility among their peers.

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Create a stir with a quickie 'risotto'

Fast healthy food

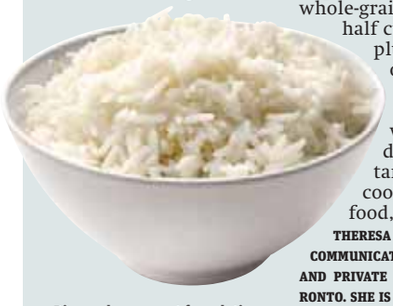
Bowl 'em over with ready-to-go rice just waiting for toppings

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In my 20s, I lived in Japan with 14 roommates. The rice cooker was a daily staple that made meals a breeze in this constant coming and going home of near strangers. Boy, did I inspire ire when I used the rice cooker like a slow cooker to make cabbage soup. I didn't do that again. The rice cooker is for rice, period.

But once you make that rice, the toppings are endless. And, the type of rice can vary weekly to keep boredom at bay (sometimes the rice becomes quinoa, shhhh). Rice cookers come as cheaply as $10 with basic settings and $100 plus with more sophisticated start and stop timers.

With rice as the foundation, the meal mix takes mere minutes. Each one starts with an onion and garlic sautéed and some quickie protein warmed though. Serve on a bed of greens to up the veg count for the day.



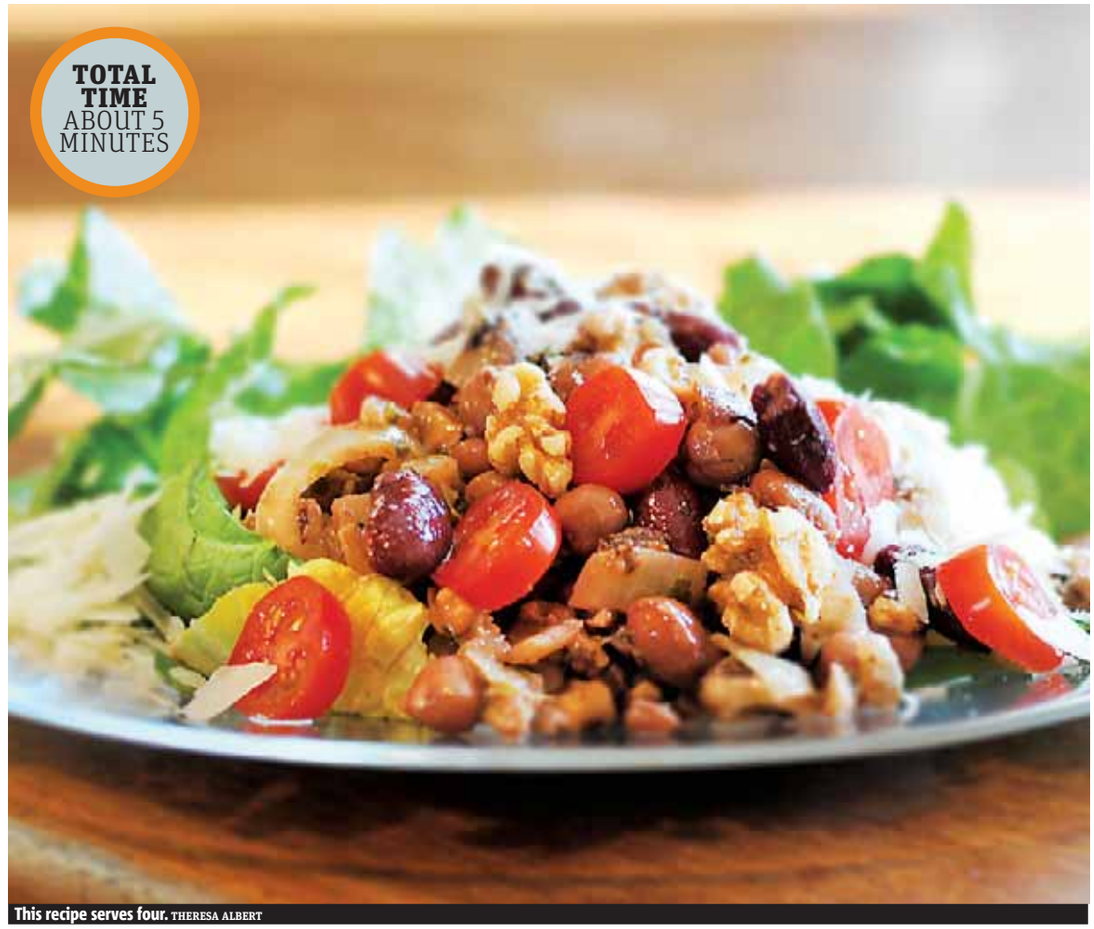
Rice makes a great foundation for a fast meal. ISTOCK

Rice bowl meals

- Canned beans, nuts, basil
- Frozen shrimp, frozen peas, dill and white wine
- Scrambled egg, frozen corn, chili powder, hot sauce
- Leftover pork, barbecue sauce, chopped green onions
- Leftover chicken, soy sauce mixed with honey, shredded spinach
- Canned salmon, butter, evaporated milk, pinch of nutmeg, chopped celery
- Feta cheese, chopped tomatoes, Greek salad dressing, oregano.

The healthy trick is to watch the ratio of rice to protein. One cup of whole-grain rice plus one half cup of protein plus one cup of vegetables is the ideal mixture. And, whatever you do, don't contaminate the rice cooker with other food, sheesh.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Quick and easy. You can have this Italian 'risotto' rice bowl on the table in mere minutes

Directions

1. In a skillet, warm oil, sauté onion and garlic, stir in walnuts and dried basil. Stir for 2 minutes. Add beans with liquid, cream and Parmesan cheese and warm through.

2. Top a bed of greens with a cup of cooked short grain rice. Top with creamy bean mixture and chopped tomatoes. THERESA ALBERT

Ingredients

- 1 teaspoon extra virgin olive oil
- 1 chopped onion
- 2 cloves garlic
- 1 cup walnuts
- 1 tbsp dried basil
- 1 can mixed beans
- 1 cup cream
- 1/2 cup grated Parmesan cheese
- Mixed greens
- 4 cups cooked rice (prepared in the rice cooker early in the day)
- 1 cup chopped grape tomatoes

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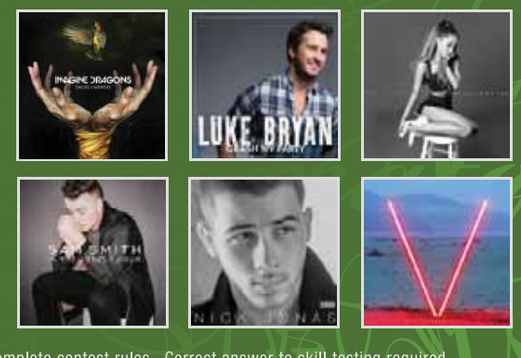

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SPORTS 4

Leafs duped by Dubnyk

NHL. Minnesota backstop keeps on rolling to topple lowly Torontonians

On Monday

Wild	Maple Leafs
2	1

Minnesota goalie Devan Dubnyk added to his ironman streak and the Wild extended their string of road wins to nine, hanging on for a 2-1 victory over slumping Toronto on Monday night.

The loss was the sixth straight for the Maple Leafs (27-41-6), who came close several times to tying it in a late comeback and deserved better on the night.

Charlie Coyle and Thomas Vanek scored for Minnesota (41-25-7), which has gone 23-6-2 since acquiring Dubnyk on Jan. 14.

Toronto defenceman Jake Gardiner made it interesting with 6:24 remaining, tapping in the puck after a Joffrey Lupul slapshot trickled through Dubnyk's legs. Lupul had gone 17 games without a point.

The game marked the 32nd consecutive start for Dubnyk, who can add to that streak Tuesday against the Islanders. The 32nd straight starts — one of which came while Dubnyk was with Arizona — are the most by an NHL goalie since Anaheim's Jonas Hiller did it (Jan. 12 to March 18, 2012).

According to the Elias Sports Bureau, Antti Niemi started 34 games in a row for San Jose from Jan. 15 to April 4, 2011.

The six-foot-six Dubnyk hasn't missed a start since joining the Wild from the Arizona Coyotes, a run that includes four sets of back-to-back games.

Attendance was announced at a less-than-capacity 18,366 and there were plenty of empty seats at the Air Canada Centre where patience and wins are both in short supply.

THE CANADIAN PRESS

The Leafs' Richard Panik crashes Wild goaltender Devan Dubnyk's crease on Monday night at Air Canada Centre. CHRIS YOUNG/THE CANADIAN PRESS

Defensive system buoys Wild goaltender

There's an axiom in the NHL: Show me a good goalie, and I'll show you a good coach.

But in this season's weird year where for goalies — where backups, retreads and unknowns are shining — there may be a new axiom: Show me a good system, and I'll show you a good goalie.

The Minnesota Wild, a team known for its defensive strength, have taken off since the arrival of Devan Dubnyk.

"We like to think he's been awfully good for us," Minnesota coach Mike Yeo said. "But I would also say the success of our team, a lot of credit has to go to Devan without question, but a lot of credit has to go to the game the players are playing in front of Devan as well.

"Our guys take pride in playing defensive hockey, in playing an aggressive mentality in how we attack with the puck and also making sure we're strong on the puck and making sure we're possessing the puck. It's been a good partnership."

For Minnesota, Dubnyk was a remarkable 23-6-1, with a 1.76 goals-against average and .935 save percentage going into Monday night's game against the Leafs. Ask any fan in Edmonton — where he was run out of town as an Oiler — if they saw that coming.

But of course the Oilers were a mess as a team, relying on goalies to steal wins.

"The way the guys work in front of me, guys are focused and always in the right spot and doing the right things," Dubnyk said of his teammates. "I know this is a great hockey team, and I just have to be good for them." TORSTAR NEWS SERVICE

Devan Dubnyk has put up numbers of an elite goalie since joining the Wild. DOUG PENSINGER/GETTY IMAGES

World juniors

Former Flame Lowry named Canada coach

Dave Lowry has been named head coach of Canada's team for the 2016 world junior hockey championship.

The head coach of the WHL's Victoria Royals for the last three years, Lowry played 1,084 games over 19 NHL seasons with the Vancouver Canucks, St. Louis Blues, Florida Panthers, San Jose Sharks and Calgary Flames.

THE CANADIAN PRESS

CFL

Daley anxious to return to sidelines

Jim Daley has received the green light to cut loose.

In January, Daley had to turn down an offer to return as the Toronto Argonauts' special-teams co-ordinator for personal and health reasons. Two months later, Daley has received a clean bill of health following some heart issues and although he still doesn't have a coaching position for 2015, he's anxious to return to the sidelines.

Jim Daley
TORSTAR NEWS SERVICE

"If the players I coached in Hamilton and Toronto thought I was wired before, they haven't see the new me yet," the 63-year-old Ottawa native said.

THE CANADIAN PRESS

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DeRozan finds groove at both ends of court

NBA. Raptors swingman has picked up the slack in absence of all-star Lowry

It would appear that, even without his trusty on-court wingman, DeMar DeRozan is playing at the peak of his game.

The shooting guard's hot streak was the talk of the practice court Monday afternoon. Dwane Casey hailed him as the "quarterback" of Toronto's defence. Greivis Vasquez opined that DeRozan will one day count himself among the NBA's "MVP calibre" players.

The man himself, meanwhile, said he's finally bouncing back from that torn leg tendon that sidelined him for 21 games in the middle of the season. After repeatedly coming in at night to work his shot and recapture his rhythm, DeRozan seems to have found his flow. He has been one of the best players in the league since the start of March, at least statistically, averaging 24.4 points per game, 5.2 rebounds and four assists over the last 11 games.

The Raptors' DeMar DeRozan defends against the Timberwolves' Andrew Wiggins on Wednesday night. BERNARD WEIL/TORSTAR NEWS SERVICE

And while Toronto's all-star guard Kyle Lowry continues to recover from that back contusion suffered last week against Minnesota, DeRozan has stepped up big, netting 27 and 23 points in the past two games and holding down a Raptors defence that coach Casey repeatedly underlines as a priority for improvement ahead of the post-season.

"He knows when to tag, he knows the system.... He's kind of the anchor on defence," said Casey. "It took him a while longer to get his sea legs, to get in NBA condition, to get into a situation where, mentally, he could take the hits, the blows, the bumps without being affected by it. And I think now he's getting to that stage of the season." TORSTAR NEWS SERVICE

Post-season countdown

12

The Raptors have just 12 games left before the playoffs. They have won just six of 17 games since the all-star break; four of those wins have come in the past week and a half.

NBA

Pacers' George nears return

Paul George might be close to playing shape.

The Pacers two-time all-star told reporters Monday that although he's eager to clear the final hurdle in his 7-1/2-month recovery from a broken right leg by returning to game action, he's not going to push himself to go too soon.

Indiana (30-39) has lost five straight and has slid into a tie for ninth in the East. THE ASSOCIATED PRESS

NCAA basketball

"We're going to approach it the same way we did this time. We'll let y'all do all the looking ahead, anticipating."

Wichita State Shockers star Fred VanVleet, whose team next faces No. 3 seed Notre Dame after Sunday's 78-65 win over the Kansas Jayhawks to advance to the Sweet 16.

Premier League

Skrtel charged for stepping on keeper

Liverpool defender Martin Skrtel has been charged with violent conduct by the English Football Association following an incident with Manchester United goalkeeper David de Gea.

Skrtel appeared to step on de Gea near the end of his side's 2-1 win Sunday. If found guilty, Skrtel could face a three-match ban. THE ASSOCIATED PRESS

English FA limiting number of imports

The number of foreign players in English Premier League squads is set to be reduced under new rules designed to prevent the development of homegrown youngsters being stifled by imports. The English Football Association announced Monday that the non-European players will find it harder to gain British work permits from May when more stringent eligibility requirements come into force. THE ASSOCIATED PRESS

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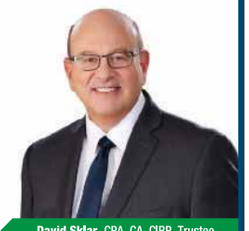

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Your powers of persuasion are such that you can get almost anything you desire. But don't be too pushy, especially on the work front.

♉ Taurus
April 21 - May 21
Venus in your sign means you can get almost anything you want – and if you don't believe that now you will before the day is over.

♊ Gemini
May 22 - June 21
Don't worry too much if you don't get much done over the next 24 hours. Give yourself a rest and do what makes you feel good rather than what gets you ahead.

♋ Cancer
June 22 - July 23
You can no longer rely on other people to come to your rescue if you mess up. You got away recently with it because others caught you but now the safety net has gone.

♌ Leo
July 24 - Aug. 23
Something will happen today that makes you realize how much more is possible and how far short of your potential you have been falling.

♍ Virgo
Aug. 24 - Sept. 23
You need to get away from your current environment. You may not be able to get away immediately but what you decide today will make it easier for your future escape.

♎ Libra
Sept. 24 - Oct. 23
Don't be too eager to uncover other people's secrets or they may start digging around in your affairs — and who knows what they might find!

♏ Scorpio
Oct. 24 - Nov. 22
With Venus, planet of harmony, moving through your opposite sign you will have to follow as much as you lead. A partnership begun now will bring advantages for both of you, so try sharing.

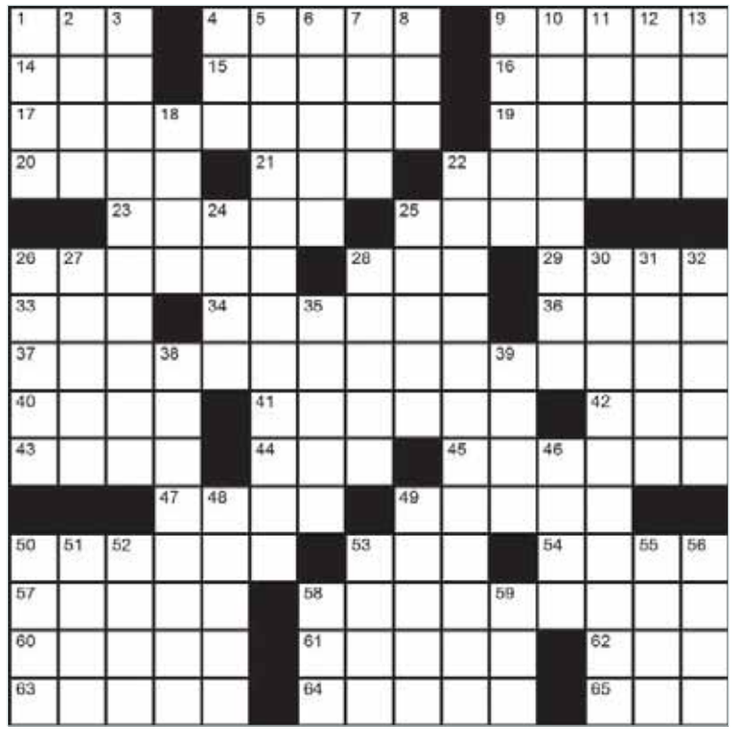
♐ Sagittarius
Nov. 23 - Dec. 21
Everyone you meet will be nice to you today and you will be nice back. However, don't let your guard down because one such "nice" individual has designs on your money.

♑ Capricorn
Dec. 22 - Jan. 20
This is a good time to start something creative. It may take up a lot of your time but what you get back will more than balance what you put in.

♒ Aquarius
Jan. 21 - Feb. 19
Venus will ensure that family affairs go smoothly in the near future. If there have been any disputes now is the time to sort them out together.

♓ Pisces
Feb. 20 - March 20
This is a good day to get out and about. If you make new friends over the next 24 hours they may well become friends for life.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "60 Minutes" network
4. 3501 in Old Rome
9. Rapscallion
14. Be delinquent with dollars
15. Sailing spot
16. Ms. Sharapova of tennis
17. Posh procession
19. Administer
20. __ and terminer
21. Add-__ (Accessories)
22. Noisy floor effects
23. Approache
25. Fantastic tale
26. Bakery bargain, __-__ bread
28. Brooch
29. Herman Melville tale
33. "Lager and __" by Kim Mitchell
34. __ _ = The sixth letter of 'Toronto'
36. Placing
37. Sugar to a strawberry or salt to a tomato: 2 wds.
40. Campsite warmer
41. "Fine then.": 3 wds.
42. Sports org.
43. "__, _ can." (Can-do attitude)
44. "Dancing with the Stars" co-host ...her initials-sharers
45. First Greek letters
47. Their: French
49. A-List
50. Symbol
53. __ rata
54. Constellation bear
57. More achy
58. Listener's picks of songs
60. Somewhat
61. Canadian singer Ms. Gallant
62. "__ la la!"
63. Have a hunch
64. Mariner's measures
65. Voter's 'no'

Down
1. Ice-T's wife
2. New York's theatrical destination, fun-style
3. 1756 to 1763 conflict, __ __' War
4. Actress Gretchen "Ghosts of __ __"
5. Montreal history/arts attraction: 2 wds.
6. Stands for
7. Cookies brand
8. 'Hero' suffix
9. Intelligent
10. Gordon Lightfoot seafaring tune:
11. Italian harp
12. Sealtest product
13. Compensates
18. Prefix that means 'Mars'
22. CTV's "The Social" co-host: 2 wds.
24. Too
25. Writer A.A.
26. Mr. Duck
27. Rachel McAdams' "The Notebook" (2004) role
28. Non-Royals
30. "The Marilyn Denis Show" expert Charles the Butler's surname
31. Big lake of Russia
32. Gumbo veggie [pl.]
35. Bellowing
38. Like a bride without any head covering
39. Mythical Hun king
46. Cute-sounding "Ick!"
48. Uncanny
49. Love poetry Muse
50. After-the-name courtesy titles for gents [abbr.]
51. Grimace
52. Fibre cereal
53. Scheme
55. Ancient colonnade
56. Cinder-like
58. Walther _ _ _ (James Bond firearm)
59. Fleur-de-__

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	4				2	
			2			8		7
6				5			9	
1	6				2			
		3				9		
			3				7	4
	9			4				5
5		8			6			
	2				7	1		

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Yesterday's Sudoku

2	4	1	7	3	8	9	5	6
3	9	5	1	4	6	7	2	8
6	7	8	9	2	5	1	3	4
1	3	6	2	5	9	4	8	7
9	2	4	8	7	1	5	6	3
5	8	7	4	6	3	2	9	1
7	5	3	6	9	4	8	1	2
8	6	2	5	1	7	3	4	9
4	1	9	3	8	2	6	7	5

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